

Mississippi Profile

SUMMER 2011

Information Publication from the Mississippi Department of Mental Health

Alzheimer's Conference August 17-19

DMH's Division of Alzheimer's is pleased to announce two educational opportunities: *Live, Love, Laugh, Learn*, the 12th Annual Conference on Alzheimer's Disease and Psychiatric Disorders in the Elderly on August 17 – 19 and the 3rd Annual Mississippi Physician's Conference on Alzheimer's Disease on August 20. Both events will take place at the Whispering Woods Conference Center in Olive Branch.

**Live • Love
LAUGH • LEARN**

The conferences are designed to meet the educational needs of a variety of professionals - physicians, nurse practitioners, nurses, social workers, long-term care professionals, activity professionals, direct care workers, in-home caregivers, etc. Several different types of Continuing Education Credits are offered to meet this goal. A Legislative Forum featuring legislators from across the state continues to be a highlight of the conference. This year the Forum will serve as an official National Alzheimer's Plan Act (NAPA) Public Input Session. Participants will have the opportunity to speak directly to state representation concerning Alzheimer's issues.

Keynote speakers include Dr. Paul B. Hill, Dr. James Greene, and Dr. Kim Tarver. Elaine Sanchez, renowned author and educator will present *Contrast in Caregiving*, a nationally recognized training program for both professionals and in-home caregivers. Experts from across Mississippi will present on a variety of topics from Maintaining Brain Health, Schizophrenia and Bipolar in the Elderly, Intimacy and Ethics, Caregiving as an African American Man, Spirituality, Suicide Prevention, Grief and Caregiver Support, and Stress Management. The conference will conclude with an awards brunch on Friday. There will be vendor exhibits from a variety of service providers, support services, etc.

The 3rd Annual Mississippi Physician's Conference on Alzheimer's Disease has moved to Saturday, August 20 at the request of physicians in the field. Dr. Heather Snyder, from the Alzheimer's Association Medical and Scientific Relations team will present on new diagnostic criteria for Alzheimer's disease and advances in research and prevention. Dr. Paul B. Hill of North MS Medical Center will present *Managing Psychiatric Symptoms in the Dementia Patient*. Participants will also have the opportunity to participate in a panel discussion with Conference presenters.

For more information, call 601-359-1288 or visit www.dmh.ms.gov - click on Upcoming Events.

Supporting a Better
Tomorrow... Today



Executive Director's Message



Summer is here and the Mississippi Department of Mental Health is in full swing with a variety of upcoming educational opportunities.

Every year, we are amazed at the excellent feedback we receive from the Annual Conference on Alzheimer's and Psychiatric Disorders in the Elderly, which is scheduled

for August 17 - 20. I know this year will be even better. If you have never had the opportunity to participate, I strongly encourage you to be a part of this event. This year, we are proud to serve as an official National Alzheimer's Plan Act (NAPA) Public Input Session, which will provide Conference participants the opportunity to provide feedback and ask questions to members of the Mississippi Legislature.

Another event which always exceeds our expectations is the FASD Symposium, set for September 9. Since it was standing room only at last year's Symposium, we will be holding the Symposium at a larger venue this year, the Jackson Convention Center.

Often, people ask me what they can do to show their support for mental health care in Mississippi. I would like to bring your attention to the flyer attached to this edition of *Mississippi Profile*. During the 2011 Legislative Session, a bill was proposed to create a mental health speciality license plate. By purchasing this specialty license plate, you can show your support for the public mental health system in Mississippi and help dispel the stigma associated with mental illness, intellectual and developmental disabilities and alcohol and drug abuse.

I hope you enjoy this edition of *Mississippi Profile* and the highlights from activities across the state. Again, thank you for your continued support and I hope to see you at our upcoming events.

Sincerely yours,

Edwin C. LeGrand III
Executive Director

Mississippi Profile



Summer 2011

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The Mississippi Profile is devoted to providing the public with information about services provided or administered by the Mississippi Department of Mental Health. It also strives to increase public awareness and knowledge about mental illness, mental retardation/developmental disabilities, substance abuse, and Alzheimer's disease and other dementia to improve health and quality of life.

This publication is free of charge to persons interested in mental health, mental retardation/developmental disabilities, substance abuse, Alzheimer's disease and other dementia, the Mississippi Department of Mental Health, or the individuals it serves. It is the policy of the Mississippi Department of Mental Health to comply with federal and state laws assuring equal opportunities of employment and services.

The editor reserves the right to edit all materials printed in this publication. Send requests for items to be included in the newsletter and other inquiries to:

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FASD Conference Set for September 9

The Mississippi Department of Mental Health (DMH) will host the 8th Annual Fetal Alcohol Spectrum Disorders Symposium (FASD): *FASD...It's Preventable Y'all!* on Friday, Sept. 9, at 9 a.m. – 3 p.m. at the Jackson Convention Center in Jackson.

The Symposium will provide an increased understanding of the process in Mississippi for screening, diagnosing and treating children who were exposed to alcohol prenatally. It is also an opportunity for parents, guardians, or care givers of children who may have an FASD to increase their understanding of FASD and how it affects their child.

The Symposium will feature Morgan Fawcett, a Native American who was diagnosed with FASD when he was 15 and who is now a charter member of the Self Advocates with FASD in Action (SAFA). The group was created to give a personal voice to the need to better understand FASD in order to prevent it.

Kathy Mitchell of the National Organization of Fetal Alcohol Syndrome will present on how FASD education, prevention and advocacy is progressing on the national stage. From Alaska, Diane Casto, who is the state FASD Coordinator and National Prevention Network Representative, will tell participants about the work they're doing in a state that takes being rural all the way to the wilderness.

"We know that FASD occurs in every race and ethnic group, and in children from all socioeconomic back-

grounds, with the one common denominator being maternal alcohol use during pregnancy," said Trisha Hinson, FASD State Coordinator

for Mississippi. "This year we hope to make noticeable strides toward establishing FASD prevention as an achievable goal for our state. We also want to learn more about what it means to live every day with the results of prenatal alcohol exposure."

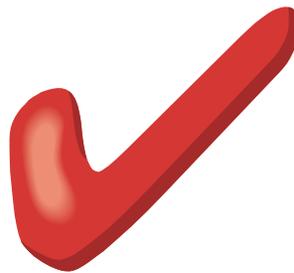


FASD is the leading cause of preventable mental retardation. According to the Substance Abuse and Mental Health Services Administration, it is estimated that FASD occurs in at least 10 per 1,000, or 1 percent of all births. It is estimated that at least 450 children in Mississippi are born each year with an FASD whether it has been diagnosed or not.

Last year, DMH launched the *None for Nine* campaign which focuses on educating the public and health providers about abstaining from alcohol during pregnancy. The only guarantee is a pregnancy free of alcohol...None for Nine.

For more information about the Symposium or the None for Nine campaign, contact DMH at 601-359-1288 or 1-877-210-8513.

For information and upcoming events...



Check out our Web site at www.dmh.ms.gov

DMH Adopts Personal Outcome Measures

DMH continues its goal to advocate for excellence in services through the voices of the individuals being served and to ensure services meet the expressed needs of individuals receiving services.

One way DMH is accomplishing this goal is by adopting the Council On Quality and Leadership's Personal Outcome Measures © as the foundation for the DMH Peer Review Process. Through the use of the Personal Outcomes Measures © DMH has the opportunity to determine whether or not individuals are achieving personal outcomes that are measures of a person's quality of life.

Personal Outcome Measures © Interviews are conducted by individuals receiving services, family members, mental health professionals and interested stakeholders. Interviews are conducted with individual receiving services, service providers and others playing a significant role in the person's life to determine the presence or absence of the outcome and supports personal outcome measures for adults, children and young adults and for families with young children. Service providers do not have direct control over whether a personal outcome is present. However, service providers are often the critical link in providing the support or helping facilitate the support individuals need to meet the desired outcomes.

Personal outcomes are defined from each person's perspective. Organizations do control whether they discover personal definitions of outcomes and put



supports into place that will assist the person in achieving his/her personal outcome. Outcomes and supports are independent; therefore an outcome may not be present, while a support may be in place to achieve the outcome in the future. Conversely, while an outcome may be present, the service provider may not directly provide the support needed to achieve the outcome.

Currently, the Department of Mental Health, in conjunction with The Arc of Mississippi, has trained thirty-eight individuals receiving services, family members, mental health professionals and interested stakeholders to conduct personal outcome measures interviews.

In the fall, DMH staff will begin training on Personal Outcome Measures statewide.

DMH MISSION

Supporting a better tomorrow by making a difference in the lives of Mississippians with mental illness, substance abuse problems and intellectual or developmental disabilities one person at a time.

New Board of Mental Health Leadership



Mr. Robert Landrum of Ellisville was named chairperson for the Mississippi Board of Mental Health in June.

Mr. Landrum has served on the Board of Mental Health since 1994. He has also served on Ellisville State School Parent's Association and the Mississippi Developmental Disabilities Planning Council. In 2005, he received the James "Jimmy" Stubbs Award, Commitment of Volunteer Service to Mississippians with Mental Retardation, Mental Illness, and Chemical Dependencies.

"We are pleased to have Mr. Landrum serve as chairperson for the Board of Mental Health," said Ed LeGrand, DMH Executive Director. "He brings a personal interest for people affected by disabilities and a passion for quality services."



Ms. Rose Roberts of Pontotoc was named vice-chairperson for the Board of Mental Health in June.

Roberts is a clinical social work consultant. She received her bachelor's degree from Blue Mountain College and her M.S.W. from Tulane University. Her professional credentials include: Licensed Certified Social Worker, Qualified Clinical Social Worker, Diplomat in Clinical Social Work and the Academy of Certified Social Workers.

"We are very excited to have Ms. Roberts serve as vice-chair for the Board of Mental Health," said LeGrand. "She will bring a wealth of knowledge to this role."

Diana Mikula Named Deputy Executive Director



Diana Mikula has been named Deputy Executive Director of the Mississippi Department of Mental Health (DMH).

Mikula will continue to serve as Director of the Bureau of Mental Health, a position she has held since 2007.

"Diana has all of the qualities that will make her an excellent Deputy Executive Director," said Ed LeGrand, DMH Executive Director. "Her knowledge of the public mental health system and her leadership skills are invaluable."

Before coming to DMH Central Office in 2007, Mikula served as an assistant director at Mississippi State Hospital (MSH). She joined MSH in 1995 as a personnel officer in the Human Resource Division and was later named Director of that Division. In March of 2000, she was promoted to administrator

of Whitfield Medical Hospital, a position she held until the promotion to assistant director of MSH.

Mikula received a bachelor's degree from the University of Mississippi and a master's degree in health care administration from Mississippi College. She is currently pursuing her Doctorate. She is also a graduate of the MS Economic Council's Leadership Mississippi Program and the John C. Stennis Institute of Government.

In 2003, she was named one of Mississippi's "Top 40 Under 40" by the Mississippi Business Journal, the first DMH employee to receive this honor. Mikula was recently reappointed to the PLACE Review Board. She previously served as a board member of the Mississippi Hospital Association's Society of Behavioral Health Services and President of the Mental Health/Mental Retardation Council.

Mikula is a Licensed DMH Administrator and a Certified Public Manager.

Wynona Winfield Retires from SMSH



Wynona Winfield, who served as director at South Mississippi State Hospital (SMSH) since the facility's opening in January 2000, was honored by her staff with a retirement reception on June 24.

Winfield has been employed by DMH in management and administrative positions for more than 25 years. Prior to the opening of North and South Mississippi State Hospitals she served as communications director and assistant director at Mississippi State Hospital in Whitfield and as personnel director at East Mississippi State Hospital in Meridian.

Winfield was involved in the design, planning, construction, oversight, staffing, and opening operations of both of the state's regional psychiatric hospitals – NMSH in Tupelo in 1999 and SMSH in Purvis in 2000. Additionally, Winfield was involved in the prototypical design and program planning for the first DMH crisis intervention center located in Corinth, a design that was duplicated in six other centers statewide.

Winfield has served as a member of the board of directors of the South Mississippi Chapter of the American Red Cross, member of the Funds Distribution Committee for the United Way of Southeast Mississippi, president of the Mississippi Chapter of the Association for Behavioral Healthcare management, president of the Mississippi Mental Health/Mental Retardation Council, chairman of the Board of the Mental Health Association of the Capital Area, a charter member of Women In Network, a member of the American College of Healthcare Executives, and a board member of the Society for Behavioral Health. Winfield was recently inducted into the Mississippi Hospital Association's Quarter Century Executive Forum.

In addition to spending more time with her family, Winfield plans to do volunteer work. As part of this desire to give back, she recently accepted a position as the newest member of the Friends of South Mississippi State Hospital board of directors.

Ferguson Named Newton Woman of the Year

Debbie Ferguson, Director of Central Mississippi Residential Center (CMRC), was named City of Newton Woman of the Year in July.

The Newton County Chamber of Commerce presented the award to Ferguson in appreciation for her outstanding civic contributions to Newton.

“To say I am honored seems so inadequate, but I am humbled and honored by this recognition,” Ferguson said. “This award belongs to the incredible people I work side by side with every day - the staff and clients of CMRC. With their commitment, dedication and old fashioned hard work they make the impossible possible. Over the last three years, they worked incredibly hard as we fought to create a unique and lasting service model that could change lives.”

Ferguson received her master's degree from the University of Houston in Clinical Psychology and is currently pursuing her Doctorate of Public Health at Jackson State University.



Ferguson is a Licensed Nursing Home Administrator, Licensed DMH Administrator, Licensed Clinical Mental Health Therapist, Certified Public Manager, and a graduate of the Stennis Institute of Government.

In 2005, Ferguson was named one of Mississippi's 50 Leading Businesswomen. In 2008, she was a nominee for the “Heroes in the Fight” award given by NAMI to professionals fighting for better mental health.

Ellisville Partners with Leadership Jones County

Individuals served by Ellisville State School will have more reason to enjoy the summer thanks to two teams in the Leadership Jones County program.

Leadership Jones County, a nine month program of the Economic Development Authority, involves participants who live or work in Jones County and provides information of local and state concerns while fostering leadership skills. Each team in the program selects and implements a project that will improve Jones County and benefit its citizens.

Due to the efforts of two teams over the last couple of years, Ellisville State School's campground has begun to take shape with the construction of an open air pavilion and bathroom facilities.

Team Restoration/Inspiration, a part of Leadership Jones County Class of 2010, knew they wanted to do a project to benefit the individuals served by Ellisville State School. The five person team, consisting of members from Ellisville State School, South Central Regional Medical Center, Jones County Junior College, the Ellisville Board of Aldermen, and Verizon Wireless, chose to construct a pavilion at Ellisville State School's new campground site.

The previous camping area, Camp Rocky Creek, was destroyed during Hurricane Katrina in 2005. A new site had been designated for a camping and recreation area but funding for the project was not readily available. Team Restoration/Inspiration raised funds to build the pavilion and kick off the development of the recreation area in the hopes that future teams would continue the project.

Shona Kelly, Safety Director at Ellisville State School and a member of Team Restoration/Inspiration said building the pavilion was considered Phase I of the campground re-building project and there were plenty of ideas for future additions to the area including a beautification phase with plants and landscaping.

"Hopefully this will be an ongoing project," Kelly said. "Maybe other teams can add sidewalks, water fountains, and barbeque grills or something else in the future."

Team Difference Makers, of the 2011 Class of Leadership Jones County, decided to further develop the recreation area by constructing restroom facilities. Headed up by Richard Witty, Internal Auditor at Ellisville State School, the team also included professionals from Jones



County Junior College, the Laurel Housing Authority, Central Sunbelt Federal Credit Union and New Beginnings Church.

According to Sarah Ishee, Assistant Registrar at Jones County Junior College and a member of Team Difference Makers, the project seemed like a daunting one at the outset but members of the community proved to be generous when told about the project.

"In the beginning of Leadership this year, the idea of raising money for a project in this recession felt impossible and overwhelming," she said. "But when we started talking to people around the community, the minute we said the project was for Ellisville State School, people began to open their wallets with no problem. Also the assistance and advice we received from employees at ESS were most helpful. Their encouragement and support allowed us to complete the project we envisioned in the beginning."

Through financial contributions, donations of supplies, and assistance from ESS staff and volunteers the 20' x 23' structure was built which will enable individuals accessing the campground to better utilize the area which is located away from Ellisville State School's main campus and set several acres into the woods. Construction of the restroom facilities was recently completed and the area is now ready to be enjoyed by the individuals served by Ellisville State School.

If the past two Leadership Jones County classes have their way, future teams will take up where they left off and continue developing the campground .

"We hope that future leadership classes will continue building the new campsite," Ishee stated. "It was a worthy project and we were able to give back to a very important part of our community."

Mental Health Specialty License Plates Available

Mississippians can now show their support for mental health by purchasing a mental health license plate. The specialty license plates are available for \$31. DMH must sell 300 by September 30, 2011 in order to have the plates printed.

The specialty license plates are a result of an idea from David Guthrie of Hudspeth Regional Center, which emerged during a Focus training. Focus is DMH's accelerated leadership development program.

"Many times we have families contact us and ask how they can show their support for mental health," said Cary Walt, Director of the Bureau of Workforce Development and Training. "By purchasing a mental health license plate, you not only show your support, you also help dispel the stigma associated with mental health issues. Our hope is that the license



plates will get more people talking about the importance of mental health in our state."

Attached to this edition of *Mississippi Profile* is an order form. Complete the form and send it to DMH, Attn: Cary Walt, 239 N. Lamar Street, 1101 Robert E. Lee Bldg., Jackson, MS 39201. For more information, contact Cary Walt at 601-359-6638 or cary.walt@dmh.state.ms.us.

2012 DMH Strategic Plan Approved

The Board of Mental Health recently approved the DMH Strategic Plan for FY 2012-2016, and implementation began on July 1, 2011. DMH views the Strategic Plan as a fluid document and as such conducts an annual review and revision to enable the agency to continue to move toward its vision while meeting the needs of the people it supports and the challenges of an ever-changing environment. With each revision, DMH continues to refine and focus its direction and efforts for transformation.

Lisa Romine, Bureau Director of Interdisciplinary Programs, said the interest and willing participation of consumers, advocates, Community Mental Health Centers, service providers, DMH staff, and other state agencies is greatly appreciated. She said, "It is so gratifying to know that these individuals and groups share in DMH's vision for a transformed system. Working together, I know we can make a difference."

The revision for FY 2012 concentrated on narrowing the Plan's focus and emphasizing priorities and observable accomplishments. As a result, there was a reduction from the previous nine goals to five

and a change in the length of the Plan from ten to five years.

The five Strategic Plan goals are:

Goal 1 - Maximize efficient and effective use of human, fiscal, and material resources

Goal 2 - Continue transformation to a person-driven, community-based service system

Goal 3 - Improve access to care by providing services through a coordinated mental health system and in partnership with other community service providers

Goal 4 - Implement evidence-based or best practice models and service outcome measures

Goal 5 - Utilize information/data management to enhance decision-making and service delivery

To view the Plan, visit www.dmh.ms.gov and click on Public Information - Online Documents.

Boswell Named Business of the Year

Boswell Regional Center was the recipient of this year's Business of the Year Award, given annually by the Simpson County Development Foundation (SCDF).

As one of Simpson County's largest employers, currently employing 533, Boswell is among the biggest supporters of local businesses utilizing local doctors, banks, retail stores and other places of business. Many of Boswell's dollars stay in the surrounding area.

"It was a privilege to accept this honor for the many deserving men and women who are employed at Boswell, and for the individuals we serve as well," said Raymond Johnson, Director of Boswell.

Boswell was selected for the award by the SCDF, which recognizes the commitment to excellence in service to the clients of Boswell as well as a strong commitment to Simpson County through job creation and community investment and involvement.

In order to continue to provide quality lives for the individuals Boswell serves, a number of physical changes have taken place over the past few years. During this time, Boswell has gone through tremendous infrastructure upgrades including a new water tower and new sewage treatment plant. The four new buildings where 140 campus individuals will be housed are close to completion and have changed the entire landscape of the facility. Renovations continue on the old Fred's building donated to Boswell by the City of Magee a couple of years ago. Plans are to use the facility for a workshop for individuals living in the community.

All of these changes have made vast improvements to the facility and the manner in which it can best serve the individuals in their care and for the employees that work there.

"Boswell has enjoyed a good working relationship with city and county officials and with the communities in our area," Johnson said. "We receive a tremendous amount of support locally and that goes a long way with the individuals in our care and with our employees."

"Also, Boswell remains a good steward of the resources that are given to us by the legislature and the people of Mississippi. Recently Boswell received a perfect audit from the Mississippi Office of the State Auditor," Johnson said. "This is quite an accomplishment."

"We have been fortunate in so many ways. Just having the opportunity to be a part of the Simpson County Development Foundation and the many businesses and organizations it represents is an honor in itself," Johnson added. "Receiving this prestigious award is a humbling experience and we thank those who made this possible."



Pictured at right is Raymond Johnson, Director of Boswell Regional Center, being congratulated by Simpson County Development Foundation Executive Director Michael Ingram.



**Need Help... Visit DMH's Web site
at www.dmh.ms.gov and
click on Talk About It.**

DMH Celebrates Children's Mental Health Week

News & Updates

- Kris Jones is now the Director of the Bureau of Quality Management Operations and Standards. The Bureau consists of the following: Division of Disaster Preparedness and Response, Division of Certification, Office of Constituency Services, and Suicide Prevention. Jones will also continue to serve as Interim Director of the Bureau of Intellectual and Developmental Disabilities.
- Shannon Rushton is now the Director of the Division of Certification at Central Office. Rushton previously served as the Director of the Office of Constituency Services.
- Veronica Vaughn is now the Director of the Office of Constituency Services at Central Office. Vaughn previously worked in the Bureau of Intellectual and Developmental Disabilities.
- Weems Community Mental Health Center is sponsoring "Motivating to Help Youth Make Healthy Choices for a Brighter Future: Addressing Underage Drinking and At-Risk Behaviors." The professional development conference will be held Sept. 20, from 8 - 4 p.m. in Meridian. For more information, call 601-483-4821.



Pictured are Jackson Mayor Harvey Johnson and Jackie Chatmon, DMH Division of Children and Youth.

In observance of Children's Mental Health Awareness Week in May, the Mississippi Department of Mental Health, Mississippi Transitional Outreach Program, Catholic Charities, Mississippi Families as Allies, National Alliance on Mental Illness, Mississippi Arts Commission, and the Greater Jackson Arts Council co-sponsored the 1st Annual Art Exhibit/Reception featuring the 5-year old students enrolled in the City of Jackson's Early Childhood Development Centers.

The art exhibit/reception was held on Tuesday, May 3 at the Mississippi Arts Center in downtown Jackson. There were more than 85 individuals in attendance including the students, family members, city officials, and staff from the partnering agencies. Awards and recognitions were given to the students and a special presentation was given to Mayor Johnson.

In addition to the art activities, the partnering agencies will provide ongoing staff development on topics related to children's mental health and parent/guardian education to family members of the three Early Childhood Development Centers.



Pictured are children from City of Jackson's Early Childhood Development Centers who participated in the art exhibit.

Addressing the complex mental health needs of children, youth, and families is fundamental to the future of Mississippi. Nearly 35,000 of Mississippi's children and youth have severe and persistent mental health needs which can impact every aspect of their lives. wealthy, middle-class and poor families; and from every race and culture.